

Fall Prevention Resource Guide

The Fall Prevention Resource Guide is a comprehensive listing of [fall prevention programs and resources in Hawai`i](#). Designed for health care providers and individuals interested in learning about fall prevention, the Guide also includes [facts about falls in Hawai`i](#), the [reasons people fall](#), and a list of [additional online resources](#).

How to Use the Fall Prevention Resource Guide

Resources are categorized into three [intervention types](#): assessments, classes or workshops, and physical activity. Some resources are listed under more than one intervention type. Information for each resource includes the organization name, program location, service fees, and contact information. You can click on links throughout this page to read information of interest or scroll through the entire document.

This Fall Prevention Resource Guide is a project of the [Hawai`i Fall Prevention Consortium](#).

Table of Contents

[Introduction](#)
[Intervention Types](#)
[Fall Prevention Programs and Resources in Hawai`i](#)
[Criteria for Inclusion in the Guide](#)
[Facts about falls in Hawai`i](#)
[What causes falls?](#)
[Additional Resources Online](#)
[Hawai`i Fall Prevention Consortium](#)
[References](#)

[Contact Us](#) to update or add information about a fall prevention resource, or to learn more about the [Hawai`i Fall Prevention Consortium](#).

Introduction

Falls pose a serious health risk to our *kupuna* (older adults). Falls are the leading cause of injury death among older adults and the most common cause of nonfatal injuries seen in emergency departments (CDC 2006). One out of every three people age 65 and older falls each year (Hornbrook 1994; Hausdorff 2001).

Falls also are a major threat to the independence and quality of life for our *kupuna*. Among Hawai`i seniors who were hospitalized for a fall-related injury from 2003-2005, 34% were discharged to nursing facilities for additional care, and another 11% were moved to a rehabilitation facility.

The good news is that falls are not an inevitable consequence of aging. Falls are preventable!

Strategies to prevent falls include:

- exercises that improve strength, balance, and flexibility
- health assessments and medication reviews
- home modifications that reduce fall hazards

The Guide offers information about fall prevention programs and resources that apply these prevention strategies.

Intervention Types

Assessments are completed by trained professionals who assess clients' physical health and risk for falling and who also visit homes to provide suggestions for modifications.

Classes or workshops offer older adults an opportunity to learn about falls and what they can do to prevent them.

Physical activity has been shown to reduce the risk of falling by improving strength, balance, coordination and flexibility. Programs that emphasize physical activity can help reduce the risk of falling.

Fall Prevention Programs and Resources in Hawai`i

Prevention resources are categorized by intervention types, and some are listed under more than one intervention type. The entire list of resources is also available in [alphabetical order](#). Individuals are encouraged to talk with their health care providers about the best interventions for them.

Assessments

[Balance Center of the Pacific](#)

[Department of Health – Neurotrauma Section](#)

[Department of Public Health, Sciences and Technology](#)

[Eldercare Hawai`i](#)

[Hawai`i Academy](#)

[Hawai`i Health Care Professionals](#)

[Hawai`i Island Adult Care, Inc.](#)

[Honolulu Gerontology Program, “No Fear of Falling”](#)

[John Burns School of Medicine, Department of Public Health Sciences](#)

[Kauai Veterans Memorial Hospital](#)

[Moiili Community Center-Elder Care Services](#)

[Project Dana](#)

[Samuel Mahelona Memorial Hospital](#)

[Suzanna Valerie, APRN, FNP, GNP](#)

Classes or Workshops

[American Red Cross](#)
[Attention Plus Care](#)
[Comforting Hands Hawai`i](#)
[Eldercare Hawai`i](#)
[Hawai`i Academy](#)
[Hawai`i Association of Certified Nurses' Aides](#)
[Hawai`i Health Care Professionals](#)
[HMSA-Preventing Falls](#)
[Honolulu Gerontology Program, "No Fear of Falling"](#)
[Kauai Veterans Memorial Hospital](#)
[Ohana Pacific Rehab](#)
[Project Dana](#)

Physical Activity

[Arthritis Foundation Exercise Program](#)
[Balance Center of the Pacific](#)
[Castle Medical Center](#)
[Castle Medical Center, Wellness & Lifestyle Center - "Steady On Your Feet"](#)
[Department of Parks and Recreation, City and County of Honolulu](#)
[Hawai`i Academy](#)
[Honolulu Gerontology Program, "No Fear of Falling"](#)
[Kaiser Permanente](#)
[Kauai Veterans Memorial Hospital](#)
[KKV- Elderly Services Program – Health Maintenance](#)
[Ohana Pacific Rehab](#)
[Project Dana](#)

Disclaimer

The Fall Prevention Resource Guide is designed for health care providers, injury prevention professionals, and anyone interested in learning more about fall prevention resources in Hawai`i. The Hawai`i State Department of Health, Injury Prevention and Control Program (IPCP) and the Hawai`i Fall Prevention Consortium have not evaluated these programs and resources. Inclusion in the Guide does not constitute an endorsement of the resources or their coordinating organizations. The IPCP and the Hawai`i Fall Prevention Consortium assume no responsibility for any injury or damage resulting from involvement with one of the listed prevention programs or resources. Individuals should speak with their physicians before participating in any physical activity.

Criteria for Inclusion in the Guide

To be eligible for inclusion in the Fall Prevention Resource Guide, programs or resources should:

- be specially designed to prevent falls among older adults
- apply at least one evidence-based approach to fall prevention
- provide services at little or no cost to clients, or offer a sliding-scale fee system
- be open to all Hawai`i residents

The Hawai`i State Department of Health, Injury Prevention and Control Program and the Hawai`i Fall Prevention Consortium reserve the right to select the resources featured in the Fall Prevention Resource Guide. Decisions will be made based on the criteria noted above and the IPCP will have the final authority. Inclusion in the guide **does not** constitute an endorsement of the organization or resource.

To submit a resource for inclusion, contact: ipcp@doh.gov.

Facts About Falls in Hawai`i

- Falls are the leading cause of fatal injuries (37% of the total) and injury-related hospitalizations (79%) among Hawai`i residents age 65 and older.
- Each year, falls result in 62 deaths and nearly 2,600 hospitalizations among Hawai`i seniors. By comparison there are only about 900 hospitalizations due to motor vehicle occupant injuries for all ages combined.
- Falls are costly. Hospital charges for seniors in Hawai`i average \$53 million a year, with about half (52%) being paid by Medicare.
- Falls are a major threat to the independence and quality of life of older adults. Among Hawai`i seniors who are hospitalized for a fall, 34% are discharged to skilled nursing facilities for additional care, and another 11% are moved to a rehabilitation facility.
- The population of Hawai`i is aging. During the past decade, the state's population of people 65 or older increased by nearly 14%.

What Causes Falls?

Most falls are not caused by a single factor. Instead, they are the result of many different things happening at the same time.

Following are some of the personal and environmental factors that can increase the risk of a fall.

- A previous fall. People who fall are at higher risk of falling again within a year (Tinetti, Speechley & Ginter 1988).
- Cognitive impairment, or the decreased ability to think through something logically (Tromp et al. 2001).
- Problems with walking or balance (Graafmans et al. 1996; AGS 2001).
- Taking four or more medications or any psychoactive medications (Tinetti & Speechley 1989; Ray & Griffin 1990; Lord et al. 1993; Cumming 1998).
- The accumulation of injuries and chronic conditions such as diabetes or high blood pressure that can change or damage the central nervous system and slow reaction times (AAO 2006).
- Lower body weakness (Graafmans et al. 1996).
- Visual impairment (Dolinis, Harrison & Andrews 1997; Ivers et al. 1998; Lord & Dayhew 2001).
- Wearing shoes with thick, soft soles (e.g., jogging shoes) (Robbins 1994).
- Environmental factors such as poor lighting, slippery surfaces or lack of stair railings (CDC 2006).

Additional Resources Online

Centers for Disease Control and Prevention, National Center for Injury Prevention and Control

A Tool Kit to Prevent Senior Falls

<http://www.cdc.gov/ncipc/pub-res/toolkit/toolkit.htm>

Includes fact sheets, graphs, brochures and posters about falls and fall prevention for older adults in English, Spanish and Chinese. Also includes:

Check For Safety: A Home Fall Prevention Checklist for Older Adults

<http://www.cdc.gov/ncipc/pub-res/toolkit/brochures.htm>

What YOU Can Do To Prevent Falls

<http://www.cdc.gov/ncipc/pub-res/toolkit/brochures.htm>

Fall Prevention Center of Excellence

StopFalls.org

www.stopfalls.org

Offers information for individuals and families, service providers, researchers and educators.

Mayo Clinic

Fall prevention: 6 ways to reduce your falling risk

<http://www.mayoclinic.com/health/fall-prevention/HQ00657>

Provides tips for fall prevention.

National Safety Council

Falls in the Home and Community

<http://www.nsc.org/issues/fallstop.htm>

Includes statistics, prevention tips, research findings, information for journalists and additional resources.

U.S. National Institutes of Health, National Institute on Aging

Senior Health, Falls and Older Adults

<http://nihseniorhealth.gov/falls/toc.html>

Provides information, prevention tips and additional resources.

Hawai`i Fall Prevention Consortium

Mission: To prevent falls through networking, education, advocacy and resource development.

The Hawai`i Fall Prevention Consortium was formed in 2003 with support and leadership from the Injury Prevention and Control Program of the Hawai`i Department of Health. Its purpose is to provide organizations, professionals, caregivers, advocates and interested individuals the opportunity to network, share information and collaborate on projects that reduce the incidence and severity of fall injuries among older adults.

The Consortium meets quarterly and your participation is welcome. For more information, please call 453-6252.

References

American Academy of Otolaryngology. Fact sheet: why do we fall? Alexandria (VA): AAO; 2006 [cited 2006 Nov 7]. Available from: URL: www.entnet.org/healthinfo/balance/fall.cfm.

American Geriatrics Society, et al. Guideline for the prevention of falls in older persons. *Journal of the American Geriatrics Society* 2001;49:664–672.

Centers for Disease Control and Prevention. Fact sheet: falls and hip fractures among older adults. Atlanta (GA): National Center for Injury Prevention and Control, CDC; 2006 [cited 2006 Nov 7]. Available from: URL: www.cdc.gov/ncipc/factsheets/falls.htm.

Centers for Disease Control and Prevention. Web-based Injury Statistics Query and Reporting System (WISQARS) [Online]. (2006). National Center for Injury Prevention and Control, Centers for Disease Control and Prevention (producer). Available from: URL: www.cdc.gov/ncipc/wisqars. [Cited 2006 Nov 7].

Cumming RG. Epidemiology of medication-related falls and fractures in the elderly. *Drugs and Aging* 1998;12(1):43–53.

Dolinis J, Harrison JE, Andrews GR. Factors associated with falling in older Adelaide residents. *Australian and New Zealand Journal of Public Health* 1997;21(5):462–8.

Graafmans WC, Ooms ME, Hofstee HMA, Bezemer PD, Bouter LM, Lips P. Falls in the elderly: a prospective study of risk factors and risk profiles. *American Journal of Epidemiology* 1996;143:1129–36.

Hausdorff JM, Rios DA, Edelber HK. Gait variability and fall risk in community-living older adults: a 1-year prospective study. *Archives of Physical Medicine and Rehabilitation* 2001;82(8):1050–6.

Hornbrook MC, Stevens VJ, Wingfield DJ, Hollis JF, Greenlick MR, Ory MG. Preventing falls among community-dwelling older persons: Results from a randomized trial. *The Gerontologist* 1994; 34(1):16–23.

Ivers RQ, Optom B, Cumming RG, Mitchell P, Attebo K. Visual impairment and falls in older adults: the Blue Mountains eye study. *Journal of the American Geriatrics Society* 1998; 46:58–64.

Lord SR, Caplan GA, Ward JA. Balance, reaction time, and muscle strength in exercising older women: a pilot study. *Archives of Physical and Medical Rehabilitation* 1993; 74(8):837–9.

Lord SR, Dayhew J. Visual risk factors for falls in older people. *Journal of the American Geriatrics Society* 2001; 49:508–15.

Ray W, Griffin MR. Prescribed medications and the risk of falling. *Topics in Geriatric Rehabilitation* 1990; 5:12–20.

Robbins SE, Waked EG, Gouw G, McClaran J. Athletic footwear affects balance in men. *British Journal of Sports Medicine* 1994; 28:117–22.

Tinetti ME, Speechley M. Prevention of falls among the elderly. *New England Journal of Medicine* 1989; 320(16):1055–9.

Tinetti ME, Speechley M, Ginter SF. Risk factors for falls among elderly persons living in the community. *New England Journal of Medicine* 1988; 319(26):1701–7.

Tromp AM, Pluijm SMF, Smit JH, Deeg DJH, Bouter LM, Lips P. Fall-risk screening test: a prospective study on predictors for falls in community-dwelling elderly. *Journal of Clinical Epidemiology* 2001; 54:837–44.

Fall Prevention Programs and Resources in Hawai`i

[American Red Cross](#)

[Arthritis Foundation Exercise Program](#)

[Attention Plus Care](#)

[Balance Center of the Pacific](#)

[Castle Medical Center](#)

[Castle Medical Center, Wellness & Lifestyle Center - "Steady On Your Feet"](#)

[Comforting Hands Hawai`i](#)

[Department of Parks and Recreation, City and County of Honolulu](#)

[Department of Health – Neurotrauma Section](#)

[Department of Public Health, Sciences and Technology](#)

[Eldercare Hawai`i](#)

[Hawai`i Academy](#)

[Hawai`i Association of Certified Nurses' Aides](#)

[Hawai`i Health Care Professionals](#)

[Hawai`i Island Adult Care, Inc.](#)

[HMSA-Preventing Falls](#)

[Honolulu Gerontology Program, "No Fear of Falling"](#)

[John Burns School of Medicine, Department of Public Health Sciences](#)

[Kaiser Permanente](#)

[Kauai Veterans Memorial Hospital](#)
[KKV- Elder Services Program – Health Maintenance](#)
[Moilili Community Center-Elder Care Services](#)
[Ohana Pacific Rehab](#)
[Project Dana](#)
[Samuel Mahelona Memorial Hospital](#)
[Suzanna Valerie, APRN, FNP, GNP](#)

American Red Cross

Class/workshop
 Assessment
 Physical Activity

Company Name	American Red Cross
Address	4156 Diamond Head Rd. Honolulu
Phone Number	734-2101 x 131
Fax Number	377-5053
Website	www.hawaiiredcross.org
Contact	Mary Meinel
E-mail	info@redcrosshawaii.org
Description	Training and Preparedness. Two sets of training modules (1) Workplace...slips, trips and falls and, (2) Seniors-Home Safety. Also have booklets, lecturers and advanced training.
Target Clientele	All ages, genders and abilities
Locations	Diamond Head Area, Downtown...and as arranged for larger groups
Eligibility/Cost	Most training free, some items have fee
Comments	

Arthritis Foundation Exercise Program

Education/Presentation
 Assessment
 Physical Activity

Company Name	Arthritis Foundation Exercise Program - (Formerly PACE)
Address	615 Piikoi Street, #1812, Honolulu, HI 96814
Phone Number	(808) 596-2900, Neighbor Island toll free 1-808-462-0743
Fax Number	808 596-2904
Website	www.arthritis.org
Contact	Susan Milton
E-mail	smilton@arthritis.org
Description	This is a land-based exercise program with activities that are designed to sustain and improve joint mobility, tone muscles and improve posture. This exercise program is conducted with participants sitting and standing and allows people to have fun while exercising in a group setting. Classes are offered in the following areas: Aquatic Program, Exercise Program (Level I & II, and Tai Chi
Target Clientele	Statewide
Locations	Kaiula, Kanehoe, Honolulu, Mililani
Eligibility/Cost	No cost
Comments	Must have medical clearance

Attention Plus Care

Class/workshop
 Assessment
 Physical Activity

Company Name	Attention Plus Care
Address	1560 Makaloa St. Room 1060, Honolulu, HI 96814
Phone Number	732-2811
Fax Number	
Website	www.attentionplus.com
Contact	Johanna Bly-Char
E-mail	johannac@attentionplus.com
Description	Home health agency that offers a community service seminar on fall prevention. Classes done by RN with handouts.
Target Clientele	Elderly population
Locations	Honolulu
Eligibility/Cost	Fee
Comments	Also offers respite care for primary caregivers.

Balance Center of the Pacific

Class/workshop Assessment Physical Activity

Company Name	Balance Center of the Pacific
Address	600 Kapiolani Blvd. #404 Honolulu, HI 96813
Phone Number	955-8339
Fax Number	955-9808
Website	www.balancecentersofamerica.com
Contact	Dr. Robert Kissenberger
E-mail	balancehawaii@hotmail.com
Description	Independent diagnostic test and rehabilitation facility dedicated to evaluating dizziness and balance disorders.
Target Clientele	All age groups
Locations	Honolulu
Eligibility/Cost	Fee
Comments	

Castle Medical Center

Education/Presentation
 Assessment
 Physical Activity

Company Name	Castle Medical Center
Address	642 Ulukahiki St., Suite 105 – Kailua, HI 96734
Phone Number	(808) 263-5400
Fax Number	
Website	castlemed.org
Contact	Elizabeth Christenson
E-mail	castlemed.org
Description	This transitional class provides safe and effective exercise that focus on functional activities, flexibility, cardiovascular health, and muscle strength and endurance. The focus of this class is to help the individual maintain an independent lifestyle and preserve the quality of life through physical activity.
Target Clientele	This class is specifically designed for the individual who has completed a physical or occupational therapy program and wants to maintain the fitness achievements made in therapy.
Locations	Wellness Center Auditorium
Eligibility/Cost	All exercise and Yoga classes = \$35.00 Windward YMCA Members - FREE
Comments	Longer Life, Health, and Wellness Fitness Class. Every Monday, Wednesday and Friday, 10-11:00 am. Other classes also available. Prices vary with each class, ranging from \$0 and up.

Castle Medical Center – Castle’s Wellness & Lifestyle Medicine Center

Class/workshop Assessment Physical Activity

Company Name	Castle Medical Center – Castle’s Wellness & Lifestyle Medicine Center
Address	642 Ulukahiki, Kailua, HI 96734
Phone Number	263-5050
Fax Number	263-5054
Website	
Contact	Cindy Carvalho
E-mail	CMCwellness@ah.org
Description	“Steady on Your Feet” – For those individuals that are concerned about balance or that might have fallen in the past. Class will include balance challenges while standing or walking, stretching and strengthening key balance muscles. Screening by a PT required prior to attending.
Target Clientele	Seniors 60 years and older
Locations	Kailua
Eligibility/Cost	\$25.00 / monthly
Comments	Newly developed classes for seniors begin often

Comforting Hands Hawai`i

Class/workshop Assessment Physical Activity

Company Name	Comforting Hands Hawai`i
Address	P.O. Box 636, Kailua, HI 96734
Phone Number	262-8586
Fax Number	262-4147
Website	www.ComfortingHandsHawaii.com
Contact	Anita Haban-Nakamaejo, Director of Operations
E-mail	CHH@hawaii.rr.com
Description	Offers Fall Prevention Seminar. Specializes in assisting seniors who want to continue living at home.
Target Clientele	Seniors
Locations	Windward Oahu and others by arrangement
Eligibility/Cost	Speakers and seminar are free
Comments	

Department of Parks and Recreation, City and County of Honolulu

Education/Presentation Assessment Physical Activity

Company Name	Department of Parks and Recreation, City and County of Honolulu
Address	1541 Kalakaua Avenue, P.O. Box 3, Honolulu HI 96826
Phone Number	(808) 554-4858
Fax Number	
Website	www.honolulu.gov/parks
Contact	Reid Tamashiro (808) 692-5602, Meghan McGurk (808) 554-4858
E-mail	
Description	In Motion: To improve the health of Hawai`i's citizens.
Target Clientele	Senior Citizens and General Public
Locations	Farrington High School (at present)
Eligibility/Cost	All activities are FREE
Comments	Five participants need to register for class to be offered. Other classes available: walking, aerobics/yoga, water aerobics, group exercise, and <i>Salsa</i> . For more information on other activities you may call the phone numbers above.

**Department of Health, Developmental Disabilities Services Branch –
Neurotrauma Section**

Class/workshop Activity
 Assessment
 Physical

Company Name	Dept. of Health, Developmental Disabilities Services Branch- Neurotrauma Section
Address	2201 Waimano Home Road, Pearl City, HI 96792
Phone Number	453-6151
Fax Number	453-6217
Website	www.hawaii.gov/health/disability-services/neurotrauma
Contact	Kenneth Fukuhara, Les Matsumoto
E-mail	ntrauma@doh.hawaii.gov
Description	Provides information and referral so public can access community resources
Target Clientele	Survivors of TBI, Stroke, and Spinal Cord Injury
Locations	See Above
Eligibility/Cost	Individuals with a neurotrauma injury
Comments	

Eldercare Hawai`i

Class/workshop
 Assessment
 Physical Activity

Company Name	Eldercare Hawai`i
Address	2909 Lowrey Ave. Suite E, Honolulu, HI 96822
Phone Number	988-6300
Fax Number	
Website	www.eldercarehawaii.com
Contact	Deborah Jackson
E-mail	eldercare@eldercare.com
Description	Consulting, counseling and support for Eldercare. Variety of classes and training including Falls and Fall Prevention. Special Family Caregiver Training Series designed to equip Hawai`i's caregivers with the basic skills to carry out their important mission.
Target Clientele	Baby Boomers and family caregivers seeking help and information for caregiving
Locations	Honolulu
Eligibility/Cost	There is a fee for this professional service
Comments	See the website for detailed information about services available

Hawai`i Academy

Class/workshop
 Assessment
 Physical Activity

Company Name	Hawai`i Academy
Address	1314 Mo`onui St. Honolulu, HI 96817
Phone Number	842-5642
Fax Number	841-2564
Website	www.hawaiiacademy.com
Contact	Dr. Max Vercruyssen, Director
E-mail	director@hawaiiacademy.com
Description	Private school for lifetime fitness, human sciences, and technology research, education, and recreation for all ages and abilities. Gerontology, gerargonomics, senior fitness, senior elite athletes. Senior exercise and senior trampoline. Offers OT, PT training.
Target Clientele	All ages especially seniors
Locations	Honolulu
Eligibility/Cost	Fee for services
Comments	

Hawai`i Association of Certified Nurses' Aides

Class/workshop Assessment Physical Activity

Company Name	Hawai`i Association of Certified Nurses
Address	P.O. Box 88776 Honolulu, HI 96830
Phone Number	923-5918
Fax Number	
Website	www.hacna.org
Contact	Gracia Hill
E-mail	hacna@hawaii.rr.com
Description	Caregivers support and education. Brochures and training
Target Clientele	Caregivers for the elderly
Locations	Honolulu
Eligibility/Cost	Non-profit organization uses a sliding scale adjusted according to income
Comments	

Hawai`i Health Care Professionals

Class/workshop
 Assessment
 Physical Activity

Company Name	Hawai`i Health Care Professionals
Address	707 Richards St. #526
Phone Number	531-8177
Fax Number	531-8348
Website	www.hhcpcaring.com
Contact	Claudio Fristoe
E-mail	cfristoe@hhcpcaring.com
Description	Provides high quality health care in the home. Includes assessment, initial and ongoing. Will speak to any group and give classes on various subjects to senior groups. Has equipment and products for a fee. Is site for internships.
Target Clientele	Elderly
Locations	Honolulu
Eligibility/Cost	Some free and some fee...according to needs.
Comments	

Hawai`i Island Adult Care, Inc.

Class/workshop
 Assessment
 Physical Activity

Company Name	Hawai`i Island Adult Care, Inc.
Address	34 Rainbow Dr. Hilo, HI 96720
Phone Number	961-3747
Fax Number	961-3740
Website	www.hawaiiislandadultcare.com
Contact	Vickie L. Davis, Director of Senior Helpers
E-mail	hiac@hawaiiislandadultcare.org
Description	Fall Prevention Packet – Education materials provided to our Senior Helper Clinics at initial intake including: Home Safety Tips, Preventing Falls and Injuries at Home, Adaptive Equipment List, Vendors List to obtain adaptive equipment in Hilo area, and Medication Questions. Home Safety Assessment available upon request.
Target Clientele	Senior Helper in-home care clients (seniors and disabled adults)
Locations	South Hilo and Puna Districts...Big Island
Eligibility/Cost	No cost (included in New Client Intake)
Comments	

HMSA, Preventing Falls: Taking the Next Steps

Class/workshop Assessment Physical Activity

Company Name	HMSA, Preventing Falls: Taking the Next Steps
Address	818 Keeaumoku Street, Honolulu HI 96814
Phone Number	948-6398(on Oahu)-Toll Free 1(800)525-6548(Neighbor Islands)
Fax Number	948-6529
Website	www.hmsa.com
Contact	Rodney Lavarias, Health Educator
E-mail	rodney_lavarias@hmsa.com
Description	A three-week, 2 hour per session, program to: (1) Identify external and internal factors that increase the risk of falling (2) Understand the components of balance (3) Assess their own balance & posture (4) Practice various exercises to improve stability and mobility, and prevent and/or minimize the risk of injury
Target Clientele	Adults 40 years and older
Locations	On Oahu, 818 Keeaumoku, Aiea Intermediate School and other locations. Neighbor Islands, call toll free number for locations.
Eligibility/Cost	No charge for HMSA members; \$35 plus tax for others
Comments	For groups with 25 attendees or more, this program can be offered at any group location.

Honolulu Gerontology Program – “No Fear of Falling”

Class/workshop
 Assessment
 Physical Activity

Company Name	Honolulu Gerontology Program – “No Fear of Falling”
Address	200 N Vineyard Blvd., Building B, Honolulu, HI 96817
Phone Number	543-8421
Fax Number	543-8475
Website	www.childfamilyservice.org
Contact	Barbara Z. Cook, Program Supervisor, or Joanne Cinter, Instructor
E-mail	bzcook@cfs-hawaii.org
Description	<p>Group classes (6 months in duration) for those at risk of falling or who have a fear of falling. Clients meet 3 times per week for sessions. Each 1.5 hour session features:</p> <ul style="list-style-type: none"> *One hour of strength, flexibility, balance and resistance exercises performed while seated, standing and moving. Hand weights, stretch bands and unique movements are employed mimicking typical situations where clients need to utilize balance and coordination in daily life. *Also included in each session is one-half hour of focused education/discussion and specific topics concerning fall prevention and related health issues. <p>Medication and fall risk assessments are provided as options and clients are evaluated several times during the course of the six-month period.</p>
Target Clientele	Adults 60 and older, living independently in the community, and independently mobile.
Locations	Lani Huli Senior Housing in Kailua, 25 Aulike St., M/W/F - from 9:00am – 10:30am, Hale Po'ai Senior Housing in Kalihi, 1001 North School St., M/W/F - from 1:00pm – 2:30pm
Eligibility/Cost	The program is free but donations on a sliding scale based on income are encouraged on a monthly basis
Comments	This program has been in existence for about 5 years. Consent forms need to be signed and a physician’s authorization form is required.

John Burns School of Medicine, Department of Public Health Sciences

Class/workshop
 Assessment
 Physical Activity

Company Name	John Burns School of Medicine, Department of Public Health Sciences
Address	1960 East West Road, Honolulu HI 96822
Phone Number	956-2862
Fax Number	956-5818
Website	www.hawaii.edu/publichealth
Contact	Claudio R. Nigg, PhD
E-mail	cnigg@hawaii.edu
Description	To provide a research based education for health professional and students entering the field, to conduct research relevant to state, national and international goals.
Target Clientele	Public
Locations	Honolulu
Eligibility/Cost	Costs depend on scope of project or work. Grant writing, research methodology, study design, evaluation-free and for fee depending on scope.
Comments	

Kaiser Permanente

Education/Presentation
 Assessment
 Physical Activity

Company Name	Kaiser Permanente
Address	1010 Pensacola Street, 3 rd Floor, Honolulu
Phone Number	(808) 432-2270
Fax Number	
Website	www.kpermanente.org
Contact	John Carpenter
E-mail	kpermanente.org
Description	Body conditioning. Join this exercise class that's popular with beginners, those with special limitations, and those who want a little extra toning.
Target Clientele	Exercise and fitness, Weight management, Women health
Locations	Honolulu Clinic, 3 rd floor waiting area, 1010 Pensacola Street, Honolulu
Eligibility/Cost	Nonmember fee: \$46.00 2x/wk or \$66.00 3x/w Kaiser Permanente member fee: \$38.00 2x/w or \$54.00 3x/w
Comments	<p style="text-align: right;">Location: Honolulu Clinic</p> <p>Categories: Exercise and fitness, Weight management, Women health</p> <p style="text-align: right;">Body Conditioning:</p> <p>Join this exercise class that's popular with beginners, those with special limitations, and those who want a little extra toning. Attend the schedule that best fits your lifestyle, either two or three days a week. Classes run from March 29 – June 2, 2006</p> <p style="text-align: center;">This class is open to the general public</p> <p style="text-align: right;">Department: Lifestyle Program</p> <p style="text-align: right;">Class date (s) Class time</p> <p style="text-align: right;">3/29/2006 6:00pm to 6:40pm</p> <p>Updated by: Shaun Nathaniel, BA</p>

Kauai Veterans Memorial Hospital

Class/workshop
 Assessment
 Physical Activity

Company Name	Kauai Veterans Memorial Hospital
Address	P.O. Box 337 Waimea, HI 96796
Phone Number	338-9439
Fax Number	338-9420
Website	www.hhsc.org
Contact	Kathaleen Eastman Lorenz
E-mail	klorenz@hhsc.org
Description	Provide quality healthcare to the community through health promotion, disease prevention, primary and after care services.
Target Clientele	Inpatient, Outpatient Employee Services.
Locations	Kauai
Eligibility/Cost	PT evaluation – fee. Inpatient, outpatient, and employee ergonomics...no charge.
Comments	

KKV Elderly Services Program – Health Maintenance

Education/Presentation
 Assessment
 Physical Activity

Company Name	KKV Elderly Services Program – Health Maintenance
Address	1846 Gulick Avenue, Honolulu, HI 96819
Phone Number	(808) 848-0977
Fax Number	(808) 848-8689
Website	www.kkv.net
Contact	Merlita Compton
E-mail	mcompton@kkv.net
Description	Health Maintenance 4 days a week
Target Clientele	60 years or older – Residents of Kalihi
Locations	Gulick Elder Center
Eligibility/Cost	Must have medical clearance. 60+ years old. No cost – Donations are welcome
Comments	-Monday through Thursday -Physical exercise and dancing -Maintain strength, balance and flexibility Incorporated as part of regular ongoing health education, socialization and health maintenance program.

Moiliili Community Center – Elder Care Services

Class/workshop Assessment Physical Activity

Company Name	Moiliili Community Center – Elder Care Services
Address	2535 S. King Street, Honolulu, HI 96826
Phone Number	955-1555
Fax Number	945-7033
Website	www.moiliilicc.org
Contact	Staff
E-mail	mceldercare@hawaii.rr.com
Description	Home Safety Assessments
Target Clientele	Age 60+ years of age
Locations	East Honolulu
Eligibility/Cost	\$40.00
Comments	

Ohana Pacific Rehab

Class/workshop Assessment Physical Activity

Company Name	Ohana Pacific Rehab
Address	1314 S. King Street, Honolulu, HI 96814
Phone Number	593-2610
Fax Number	591-9420
Website	www.ohanapacificrehab.com
Contact	Kevin Lockett, PT
E-mail	Kevin@ohanapacificrehab.com
Description	Teach pre and in-services on fall prevention and body mechanics, injury prevention, and exercise & aging. Free education downloads on website. Offers full range of geriatric and neurological based physical and occupational therapy clinics. Gait, balance and fall clinics.
Target Clientele	Geriatrics, neurological (Stroke, SCI, etc.)
Locations	Honolulu and Windward
Eligibility/Cost	
Comments	

Project Dana

Class/workshop
 Assessment
 Physical Activity

Company Name	Project Dana
Address	902 University Ave. Honolulu, HI 96826
Phone Number	945-3736
Fax Number	945-0007
Website	www.moililihongwanji.org/project_Dana_.htm
Contact	Rose Nakamura
E-mail	projdana@pixi.com
Description	Provides a variety of services to the frail, elderly and disabled to insure their well-being and continued enjoyment of independence and dignity in a supportive and safe environment.
Target Clientele	Frail, elderly 60+, caregivers and people with disabilities
Locations	Honolulu
Eligibility/Cost	All services are free...donations accepted
Comments	Provides home safety assessments, caregiver training, "Gentle Stretching" Yoga program, pamphlets and exercise sheets free.

Samuel Mahelona Memorial Hospital

Class/workshop
 Assessment
 Physical Activity

Company Name	Samuel Mahelona Memorial Hospital
Address	4800 Kawaihau Road, Kapaa, HI 96746
Phone Number	823-4155
Fax Number	824-4100
Website	www.hhsc.org
Contact	Kathaleen Eastman Lorenz
E-mail	klorenz@hhsc.org
Description	Provide quality healthcare to the community through health promotion, disease prevention, primary and after care services
Target Clientele	Inpatient, Outpatient Employee Services
Locations	Kauai
Eligibility/Cost	PT evaluation-fee. Inpatient, outpatient, and employee ergonomics ..no charge.
Comments	

Suzanna Valerie, APRN, FNP, GNP

Class/workshop
 Assessment
 Physical Activity

Company Name	Suzanna Valerie APRN, FNP, GNP
Address	P.O. Box 635, Volcano, HI 96785
Phone Number	896-5661
Fax Number	
Website	
Contact	Suzanna Valerie
E-mail	suzannavalerie@hawaii.rr.com
Description	Visits are designed to assist disabled and well adults to stay as well as possible, to better treat and manage chronic and acute illnesses/injuries, and to screen for medication conflicts.
Target Clientele	Adults of all ages
Locations	Big Island
Eligibility/Cost	Fee...sliding scale according to income
Comments	